

World Congress on

# ORAL CARE AND DENTISTRY

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## Oral health for general health and well-being

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Even though the dental education has shifted towards a more integrative approach between dentistry and other health professions in the latest years, the majority of dentists still treat oral conditions and diseases as if the mouth was separate from the rest of the body. In order to become a professional who truly promotes health and not only treats disease, a deeper and more holistic approach to health is needed. Medical studies have presented evidence that diet for instance is an integral part of our health and well-being. There are even reports of plant-based diets being used to revert heart disease and diabetes. Studies on periodontal disease point in the direction of an increased inflammatory burden that can affect other parts of the body. Case studies show that migraine, head, neck and back pain can have dental malocclusion as a trigger. Other studies show the importance of self-esteem, gratitude and a positive outlook on our immune system.

### Biography

Carla Pontes has completed her graduation from University of Copenhagen as a Dentist in Brazil. She is specialized in Periodontology. She has completed her MSc degree from the University of Sao Paulo. She has also completed her PhD in Health Sciences from the University of Copenhagen, where she worked as an Assistant Professor. Her experience includes lecturing, scientific publications and academic writing and is passionate about promoting oral health as an integral part of general health.

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